

Belfast Hyrox Sim 2024 @ Girdwood

Rank	Team	Kevin Molloy
9.	26	Davey Owens

Run1	00:04:16
SkiErg	00:04:29
Run2	00:04:29
Sled Push	00:02:05
Run3	00:04:39
Sled Pull	00:02:40
Run4	00:04:30
80m Burpee	00:02:06
Run5	00:04:37
1000m Row	00:04:30
Run6	00:04:34
Farmers carry	00:01:05
Run7	00:05:28
Sandbag Lunges	00:02:56
Run8	00:04:33
Wall Balls	00:03:13
Run Total	00:37:10
Total time	01:00:19